

# SAMMONS INDOOR POOL

## FALL 2016 CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:30-7:45am</b>	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	
<b>8:00-9:00am</b>	Senior Open Swim	Senior Open Swim	Senior Open Swim	Senior Open Swim	Senior Open Swim	
<b>9:15-10:15am</b>	Aquacize	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Aquacize	
<b>10:30-11:30am</b>	Aqua Arthritis For All Ages	Open/Lap Swim	Aqua Arthritis For All Ages	Open/Lap Swim	Aqua Arthritis For All Ages	
<b>11:45-12:45pm</b>	Open/Lap Swim	Lap Swim	Hydro Fitness	Lap Swim	Open/Lap Swim	Lap Swim 12:00-1:25pm
<b>1:00-3:00pm</b>	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Therapeutic Swim	Family Swim 1:30-3pm
<b>3:10-4:10pm</b>	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	<b>Non-Instructed Class</b> <b>\$1.50 Punch or \$3.00 Cash</b>	
<b>4:20-5:20pm</b>	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim		
<b>5:30-6:30pm</b>	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	<b>Instructed Class</b> <b>\$2.50 Punch or \$4.00 Cash</b>	
<b>6:45-8:00pm</b>	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim	Open/Lap Swim		





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## Hydro-Fitness

Hydro-Fitness helps build strength and endurance, while toning muscles in a low-impact environment. Leg workouts in the water emphasize your lower body as the water gives your submerged muscles up to 14 times the resistance of air. The harder you work, the more resistance you encounter. Add in a specialized upper body workout and it's a total fitness package!

## Cardio Splash

Have fun and get fit! This high energy workout mixes cardio and strength training for an efficient water workout. Being in the water is safer for your ankles, knees, and hips, and good for your heart.

## Aquacize

Come join us for a workout that is customizable and sure to get you moving. All exercises can be modified to give you a low-impact or medium-impact workout depending what your body can handle. The water-assisted exercises provide a great calorie burning class that will torch fat and tone your muscles. Everyone is welcome in Aquacize!

## Aqua Arthritis

Relieve tension, pain, and lack of flexibility due to arthritis. This unique class utilizes the warm water's natural resistance to help reduce aching joints and improve flexibility and mobility by performing range of motion exercises.

## Therapeutic Swim

Therapeutic Swim is reserved for those who are recovering from surgery, have joint or mobility limitations, medical conditions, or any special need that would benefit from therapy in relaxing warm water. This is a non instructed time meant for therapeutic reasons and not intended for recreation.